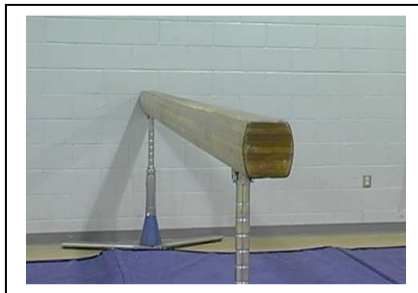


## Physical Ability Components

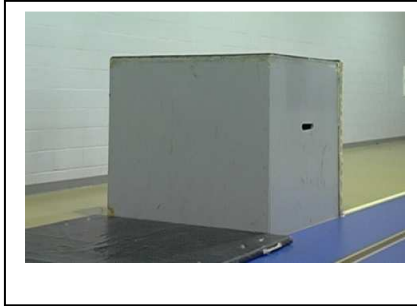
The candidate is outfitted with a bullet resistant vest, police gun belt and training weapon. Test administrators will monitor and time the candidate as he or she runs two laps around the perimeter of the Memphis Police Department Gymnasium basketball court. During the run, he or she will perform four simulated police activities. Each activity will simulate activities that a police officer may perform during a foot chase. The candidate has two minutes and 40 seconds to complete the following components.



As the candidate runs the first obstacle, he or she will encounter a balance beam set to a four foot (4") height placed across your path. He or she must successfully move over the obstacle by jumping, climbing or crawling. This task simulates crossing a fence while chasing a suspect. If after two attempts, he or she fails to clear the obstacle instructions will be given to him or her, by the test administrator, to go around and a 15 second time penalty will be assessed.



After rounding the turn, the candidate will encounter a "step box" in his or her path. This box is similar to the type of box used in "step aerobic" classes. The candidate must take ten (10) steps on the box before proceeding. This task simulates climbing one flight of stairs. To be successful he or she must place both feet completely on the box and on the floor for each step to be counted. No one legged shuffle steps or skip steps will be allowed. The test administrator will count steps for the candidate and will advise the candidate to "go" after the final step has been completed.



After rounding the second turn, the candidate will encounter a large cube in his or her path. This cube is four foot (4') square and represents a standard loading dock. He or she must successfully move over the obstacle by jumping, climbing or crawling. If after two attempts, the candidate has failed to clear the obstacle, instructions will be given to the candidate, by the test administrator, to go around and a 15 second time penalty will be assessed.

After you have rounded the third turn, the candidate will run back to the starting position and repeat the sequence, encountering each obstacle again during your second lap around the course.



After the end of the second lap, the candidate will encounter a rescue training dummy lying on the floor near the corner of the original starting position. He or she must drag this dummy a total of twenty-five feet (25') toward the center of the gymnasium floor. This task simulates an officer arresting an uncooperative person or pulling a citizen to safety after an accident. The rescue dummy weighs one hundred and sixty-five pounds. (165 lbs.) A line will be marked on the floor and the candidate must move the rescue dummy feet completely across the line before time is called and the test is complete.

## Frequently Asked Questions for Physical Test

### What should I wear to the Physical Test?

Candidates should wear comfortable work out clothes and tennis shoes. Candidates should **NOT** wear jeans, boots, sandals, or open-toed shoes.

### What are the time requirements for completing the Physical Test?

Candidates are required to complete obstacle course in 160 seconds (2 minutes, 40 seconds).

### How are penalties assessed?

If after two attempts, a candidate is unable to complete an obstacle, the candidate will be allowed to go around the obstacle and a 15 second time penalty will be assessed.

### How long should I expect to be at the Physical Test?

Candidates should be prepared to be at the test site for up to three (3) hours.